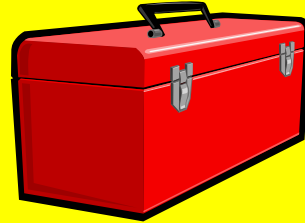


The Positive Parenting Toolbox



“There’s no such thing as a bad person or a bad child, just a hurting one.”

Family Friday Presentation

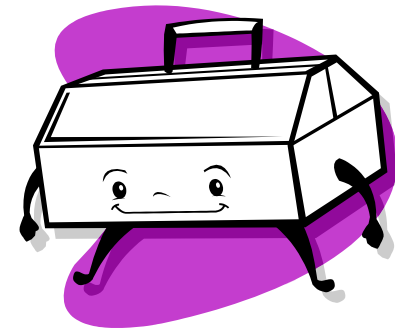
Heather Griffin

School Counselor

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Am I practicing Positive Parenting?

- Do I promote and foster self-esteem?
- Have I taught or modeled ways to deal with conflict/bullying?
- Can my child talk to me about anything? Do I listen attentively?
- Do I focus on the positive and reward positive behavior?



Support

- Understand that kids need to buy into the value of doing well. Think about it in terms of your own life—even as an adult, you may know it's best to eat right, but actually following through is another story!
Your child must own the importance of doing well.
- Build your feelings vocabulary.
- Dig deep. Ask specific questions.
- Don't be quick to judge or fix.
- Listen. Be attentive. No distractions.
- Notice even the small improvements.
- Display your child's accomplishments.
- PRAISE! PRAISE! PRAISE!
- Offer Positive incentives.

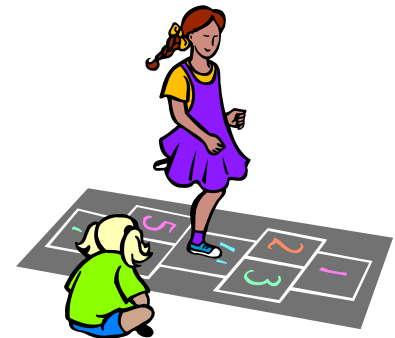


Rude vs. Mean vs. Bullying

- http://www.huffingtonpost.com/signewhitson/bullying_b_2188819.html

Anti-bullying Tips for Parents:

- 1) Make sure your children know how to identify bullying.
- 2) Model how to treat others with respect and compassion.
- 3) Help them develop a sense of self.
- 4) Encourage your children to explore activities that make them feel good about themselves.
- 5) Keep the lines of communication open.
- 6) Encourage courageous behavior.



Bullying Prevention for Kids

- **SAFE** technique

Say what you feel

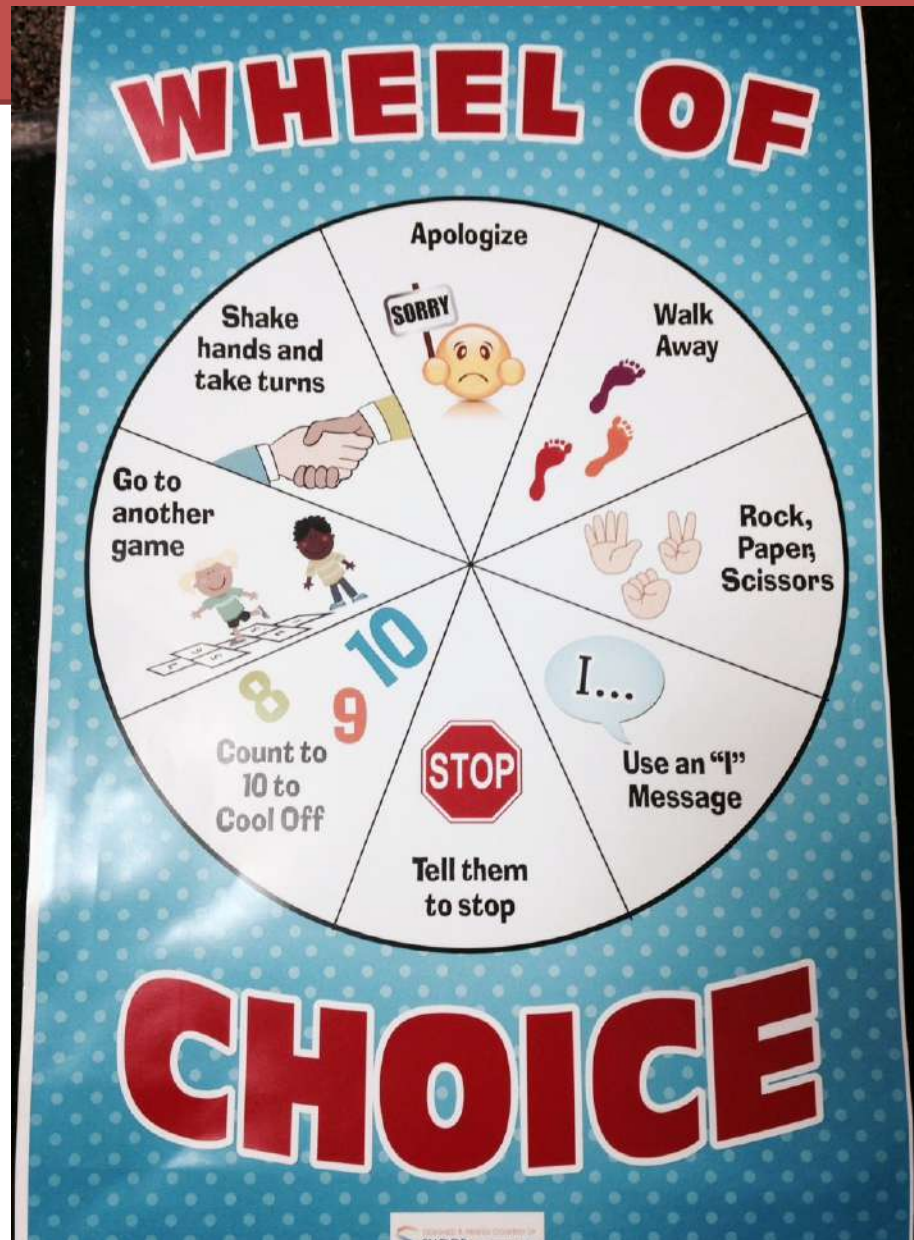
Ask for help

Find a friend

Exit the area



Wheel of Choice



Positive Rewards/ Recognition



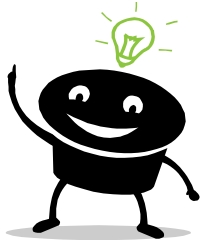
- Stay up 15 minutes later
- Pizza for dinner
- Doesn't have to make the bed
- Play a game with parent
- Have a sleepover
- Doesn't have to eat vegetables for 1 meal
- Watch 30 minutes more TV/play video games
- Go to the park
- Go to the movies
- Decide what is for dinner
- Choose music for a car trip
- Play outside for an extra 30 minutes
- Be given extra allowance money
- Play Karaoke or dance and sing together
- Have a special snack at lunch
- Choose a book to read together
- Go to the library or a bookstore
- Earn extra computer time
- Bake cookies together
- Go to the Dollar Store
- Invite a friend or relative over for dinner
- Parent will volunteer at school
- Donate to a charity of their choice
- Earn a "mystery" gift
- Use a "celebrate plate" at mealtime
- Earn a 5 minute "chat" with no distractions
- Receive a note of recognition
- Verbal praise
- Take the dog on a walk
- Use sidewalk chalk and create a masterpiece together outside
- Choose a sport to play together
- Choose an art project

Resources- online articles

- <http://m.empoweringparents.com/10-ways-to-motivate-your-child-to-do-better-in-school.php>
- <http://www.raisesmartkid.com/6-to-10-years-old/5-articles/41-how-to-help-kids-do-well-in-school>

Useful Websites Regarding Bullying

-
- ***Is my child a bully? Take this 15 question quiz and find out***
- <http://www.examiner.com/article/is-my-child-a-bully-take-this-15-question-quiz-and-find-out>
- ***No Bullying Online***
- <http://www.bullying.co.uk/>
- ***Stand Up, Speak Out: On A Mission To End Bullying***
- <http://www.standupspeakout-endbullying.com>
- ***PACER's National Bullying Prevention Center***
- www.pacer.org/Bullying
- ***Teaching Tolerance***
- www.tolerance.org
- ***Be Smart Be Well***
- <http://besmartbewell.com/bullying>
- ***National Center for Youth issues***
- <http://www.ncyi.org/www>
- ***Stop Bullying***
- www.stopbullying.gov
- ***Kids.gov***
- <http://kids.usa.gov/teens/online-safety/index.shtml>



Tattling (if you answer no) **or**

Reporting (if you answer yes).

- Is someone in danger?
- Do I *need* to tell the teacher?
- Is the problem my business?
- Am I trying to help?

Books for Kids



- Spaghetti in a Hot Dog Bun: Having the Courage to Be Who You Are. By Maria Dismondy
- I Like Myself! By Karen Beaumont
- The Loveables in the Kingdom of Self-Esteem. By Diane Loomans
- A Smart Girl's Guide to Liking Herself, Even on the Bad Days. (American Girl) By Laurie Zelinger
- Have You Filled a Bucket Today? By Carol McCloud
- There's a Boy in the Girls' Bathroom. By Louis Sachar
- The Invisible Boy. By Trudy Ludwig
- Stick Up for Yourself: Every Kid's Guide to Personal Power & Positive Self-Esteem. By Gershen Kaufman



Books for Parenting

Building Resilience in Children and Teens: Giving Kids Roots and Wings. By Kenneth Ginsburg

Bullied What Every Parent, Teacher and Kid Needs to Know About Ending the Cycle of Fear. By Carrie Goldman

There's Got to Be a Better Way. Discipline that works for Parents and Teachers. By Becky Bailey

The A to Z Guide to Raising Happy, Confident Kids. By Jenn Berman

Positive Discipline A-Z, 1001 Solutions to Everyday Parenting Problems. By Jane Nelson, Lynn Lott, and H. Stephen Glenn